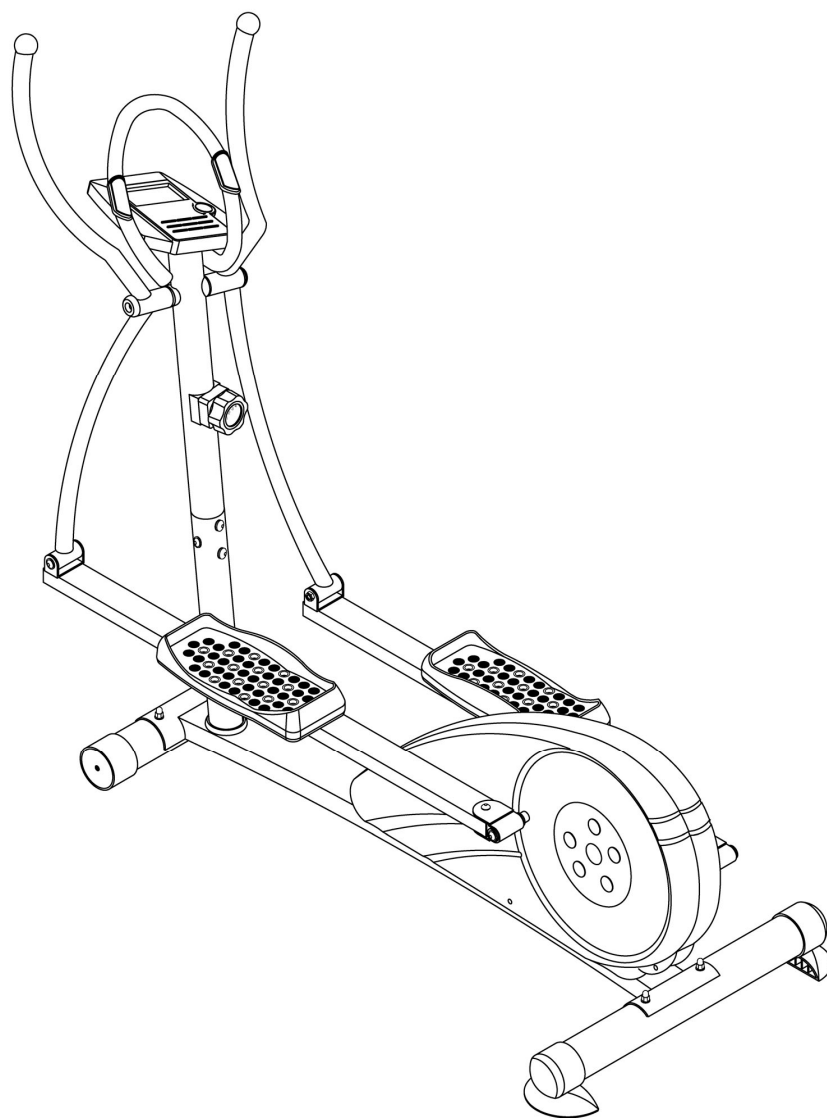


# CROSSTRAINER USER'S MANUAL

GB





This quality product is designed, manufactured, tested and certified for enhanced Fitness Training.

## Dear Customer,

We want to thank you for having chosen a CROSSTRAINER product and wish you a lot of fun and success during training.

Please note and follow the enclosed safety and assembly instructions carefully.

If you have questions please do not hesitate to contact us.

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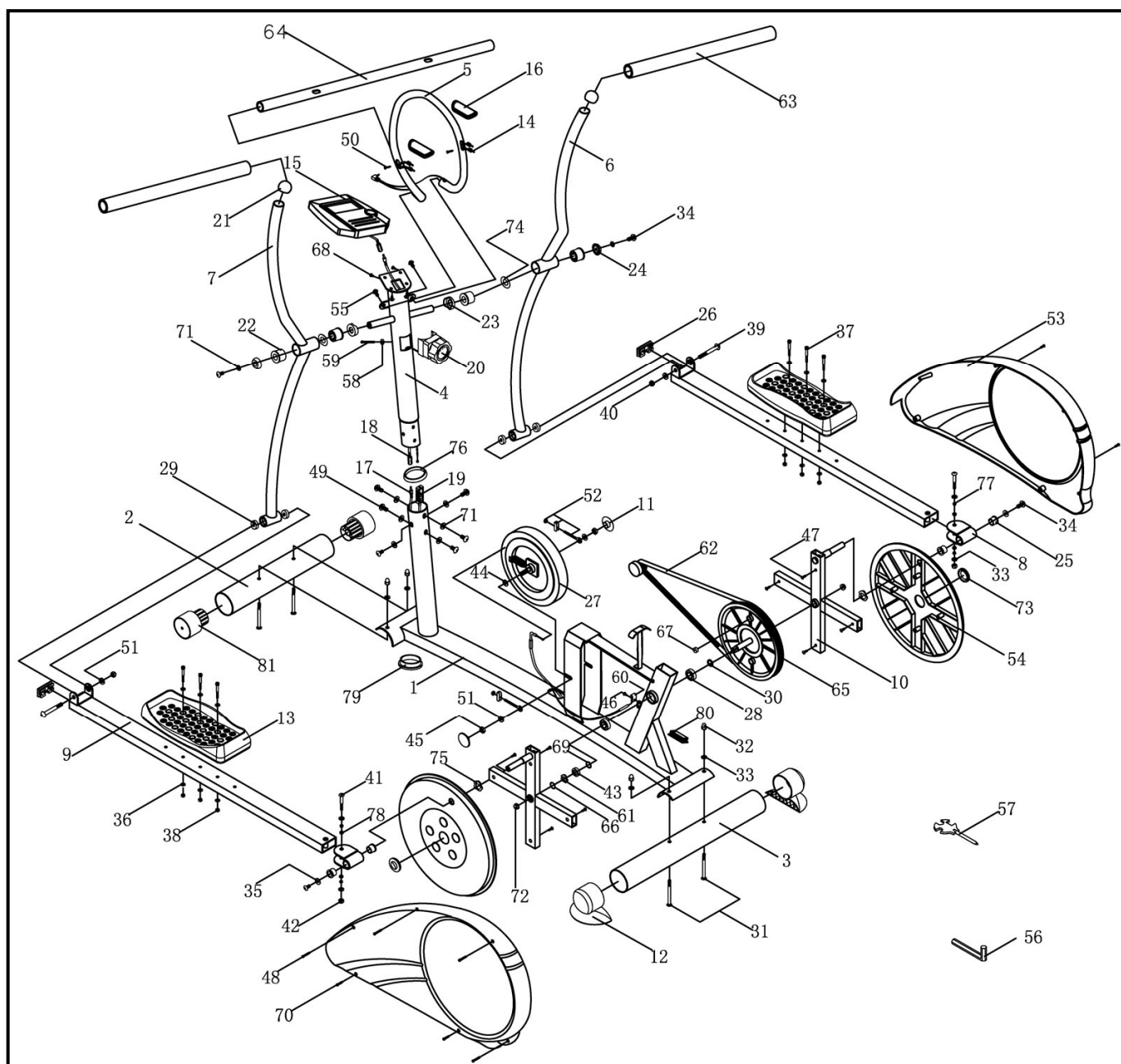
## Safety Instructions

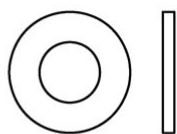


Before you start training on your home CROSSTRAINER, please read the instructions carefully.

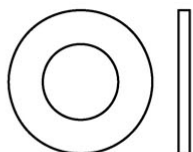
Be sure to keep the instructions for information, in case of repair and for spare part delivery.

- H
- M-6006 is made for home use only and tested up to a max. body weight of 100 kg.
- Follow the steps of the assembly instructions carefully.
- Use only original parts as delivered.
- For assembly use only suitable tools and ask for assistance with assembly if necessary.
- Place the bike on an even, non-slippery surface. Because of possible corrosion, the usage of the home exercise bikes in moist areas is not recommended.
- Check before the first training and every 1-2 months that all connecting elements are tight fitting and are in the correct condition.  
Replace defective components immediately and/or keep the equipment out of use until repair.  
For repairs, use only original spare parts.
- In case of repair please ask your dealer for advice
- Avoid the use of aggressive detergents when cleaning the home exerciser.
- Ensure that training starts only after correct assembly and inspection of the item.
- For all adjustable parts be aware of the maximum positions to which they can be adjusted/tightened to.
- The home exerciser is designed for adults. Please ensure that children use it only under the supervision of an adult.
- Ensure that those present are aware of possible hazards, e.g. movable parts during training.
- Consult your physician before starting with any exercise programme. He can advise on the kind of training and which impact is suitable.  
Warning: incorrect/excessive training can cause health injuries.
- Please follow the advice for correct training as detailed in training instructions.
- The load/work level can be adjusted by turning the tension control knob on the handle bar stem.

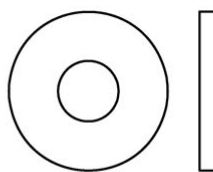




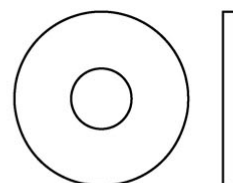
8\*16\*1.5mm (#33)\*4



10\*19\*1.5mm (#51)\*2



8\*21\*2mm (#71)\*2



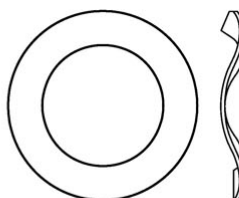
8\*23\*2mm (#35)\*2



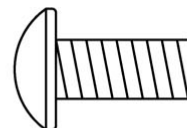
M8 (#32)\*4



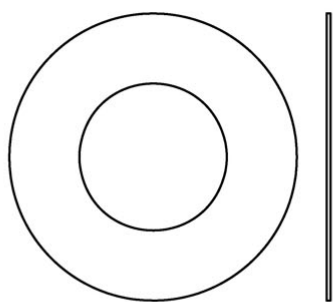
M10 (#40)\*2



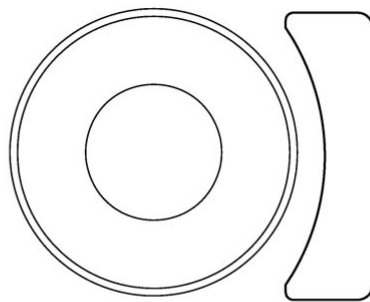
16.2\*25\*0.5mm (#75)\*2



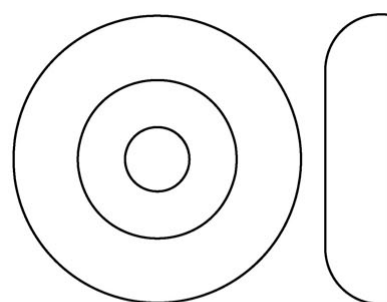
M8\*18mm (#34)\*4



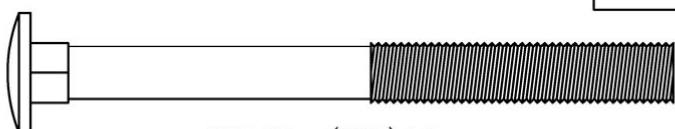
19.5\*38\*0.5mm (#74)\*2



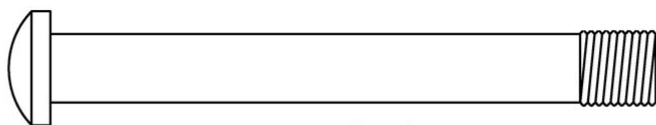
19\*38mm (#23)\*2



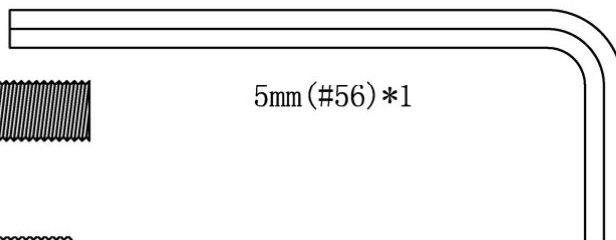
8\*38mm (#24)\*2



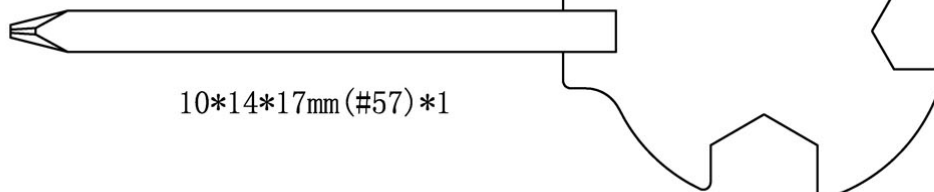
M8\*85mm (#31)\*4



M10\*80mm (#39)\*2



5mm (#56)\*1



10\*14\*17mm (#57)\*1

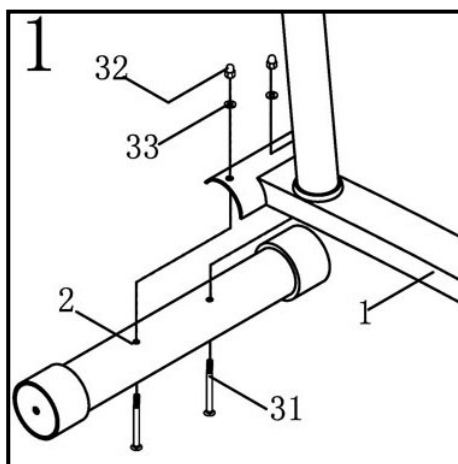
## Assembly Instruction

GB

### Step 1

GB

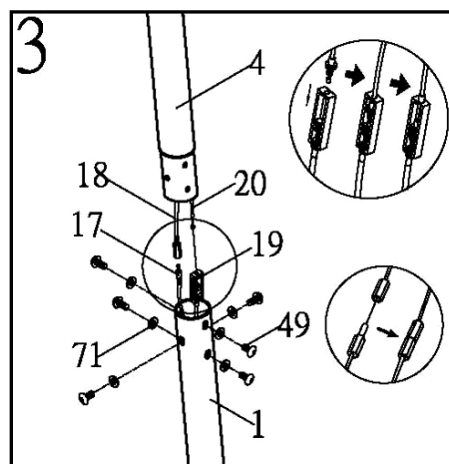
1. Fasten front stabilizer (2) with 2 carriage bolts (31) from the underside of stabilizers. Secure with 2 washers (33) & capnuts (32) to main frame (1).



### Step 3

GB

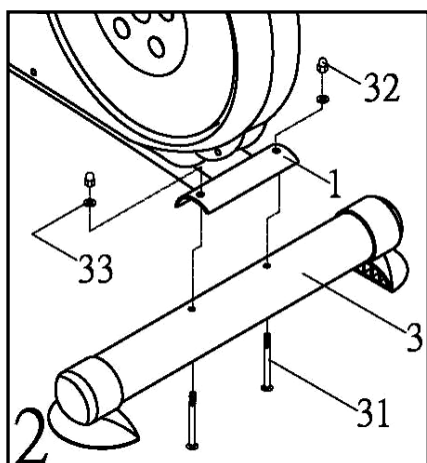
1. Connect the upper computer cable (18) with the lower computer cable (17) securely.
2. Hook the box of tension control cable (19) with the stoppage at the end of tension control (20) securely.
3. Unscrew the pre-assembled 4 hex. Bolt (49). Then, put the handlebar post (4) into the main frame (1). Fix it with 4 hex.bolts (49) and washers (71).



### Step 2

GB

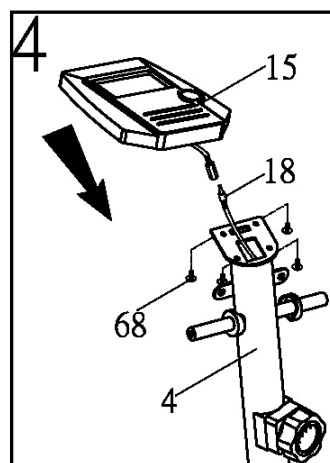
1. Fasten rear stabilizer (3) with 2 carriage bolts (31) from the underside of stabilizers. Secure with 2 washers (33) & capnuts (32) to main frame (1).



### Step 4

GB

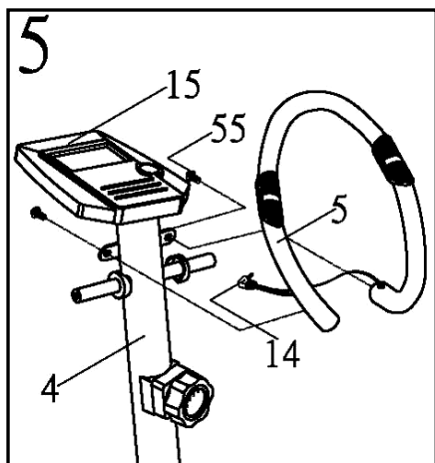
1. Pull the upper computer cable (18) out of the handlebar post (4).
2. Connect the upper computer cable (18) with the cable at back of computer (15). Slide computer (15) and fix it onto bracket at top of handlebar post (4) with 4\* bolts (68).



## Step 5

(GB)

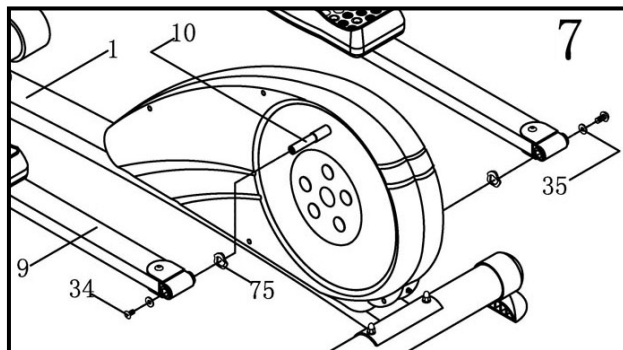
1. Place oval fix post (5) to metal parts (under computer (15) on handlebar post (4) , secure with 2 \*bolt (55) tightly.
2. Plug hand pulse sensor wire (14) to jack at back of computer (15).



## Step 7

(GB)

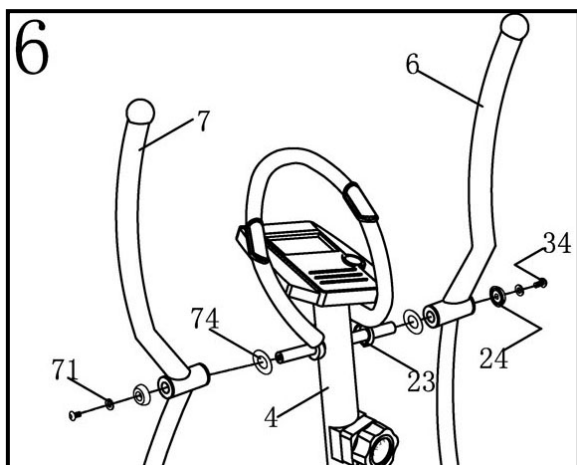
1. Attach the end of the right pedal bar (9) to axle of cross bar (10) with washer (75) . Secure with 1 x washer (35) & bolt (34) tightly.
2. Do the same for the left pedal bar (9).



## Step 6

(GB)

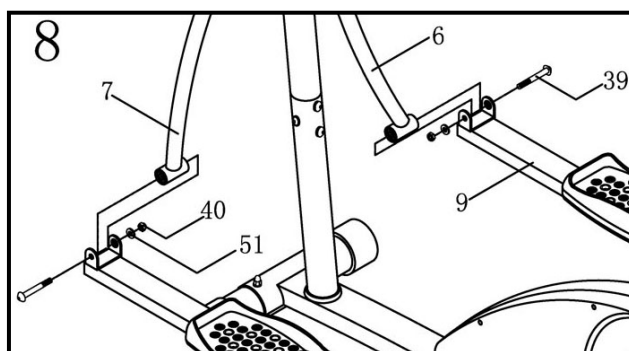
1. Attach right swing bar (6) to axle of handlebar post (4) with sleeve (23) & washer (74), secure with 1 cap (24), washer (71) & bolt (34).
2. Do the same to left swing bar (7).



## Step 8

(GB)

1. Attach the end of right swing bar (6) to the front of pedal bar (9), secure with bolt (39), washer (51) & nut (40) tightly.
2. Do the same for the left swing bar (7).
3. Now, your machine is ready for use.



## FUNCTION BUTTON

- MODE** Press "Mode" button to select year, month, date, hour and minute for setting.  
Press "Mode" button to preset TIME, DISTANCE, CALORIES and PULSE.  
Press "Mode" button for selection, or enter after setting up.
- SET** To set up the value of TIME, DISTANCE, CALORIES and PULSE. You can hold the button to increase the value faster. (The computer has to be in stop condition.)
- RESET** The user may press "RESET" button to reset each function: Time, Distance, Calories, Pulse or hold on for 2 seconds for total reset.  
(When the user replace batteries, all the value will reset to ZERO automatically.)
- RECOVERY** To act the heart rate recovery function after training.

## FUNCTIONS

- SCAN** Display all function from RPM - SPEED - DISTANCE - CALORIES - PULSE.
- RPM** Displays the Rotation Per Minute. The RPM and SPEED will switch to another display in every 6 seconds after exercise starts.
- TIME** Accumulates workout time from 00:00 up to 99:59. The user may preset target time by pressing SET button. Each increasement is 1 minute.
- SPEED** Displays current training speed. Maximum speed is 99.9 KM/H or MILE/H.
- DISTANCE** Accumulates total distance from 0.00 up to 99.99 KM or MILE. The user may preset target distance data by pressing SET button. Each increasement is 0.1KM or MILE.
- CALORIES** Accumulates calories consumption during training from 0 to maximum 9999 calories. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
- TARGET PULSE** Press SET button to input your AGE, then the monitor will set up a pulse value automatically. When you exercise for a while, the screen will show the pulse percentage 55%, 75% or 95% with a blinking symbol if you reach that percentage of pulse value. Also the monitor will come out beep sounds for 8 seconds to remind you when the target is achieved or exceeded.
- TEMPERATURE** Displays current room temperature from 0°C to 60°C.
- CALENDAR** You can set up current calendar including year, month, and date.
- CLOCK** Displays current hour and minute from 00:00 to 23:59 (24 hours mode)  
\* Room temperature, calendar, and clock will show out when the monitor is in sleep mode while the training has been stop for 4 minutes or pressing any button.

## OPERATION ORDER

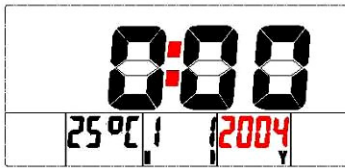
1. Installs 2 pieces of 1.5V #3 batteries, then the screen will display as following "Drawing A" and have "Bi" sound at the same time.



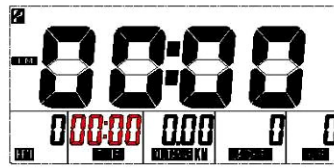
Drawing A

2. The calendar display will be in blinking mode shown as "Drawing B", then you can press SET button to set up the value. You can also press RESET button to come back the preset value. Press "MODE" button will skip to Month, Date, Hour, and Minute. Set-up method is the same with year. Press "MODE" button to confirm set-up shown as below "Drawing C".



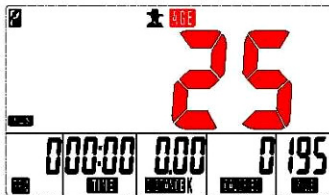


Drawing B



Drawing C

3. Get access to the set-up mode of TIME/DISTANCE/CALORIES/TARGET PULSE. When you are in each set-up mode. For instance the time set-up, when the time value is blinking, you can press "SET" button to adjust the number. Press "Mode" button for confirmation and skip to next set-up. The set-up of DISTANCE & CALORIES is the same as TIME set-up.
4. When you are in Target PULSE mode, the main screen will show "AGE", PULSE screen show "TARGET value (220-AGE)". At the time you can press "SET" button to change the value of AGE and TARGET shown as "Drawing D". When the set-up is completed, press "MODE" button to confirm and skip to TIME screen. Continuously press "MODE" button will act this circle. If you do not enter the RPM and PULSE signal or manual set-up time over 4 minutes in this mode, it will be skip to SLEEP mode shown as "Drawing E".



Drawing D



Drawing E

5. After entering RPM value, and setting up the TIME, DISTANCE, CALORIES. In SCAN mode shown as "Drawing F". RPM/SPEED/TM/DIST/CAL/PULSE will skip to display every 6 seconds. The order is as follows.



Drawing F

6. You can also press "Mode" button to select single function display except RPM & SPEED function. The RPM & SPEED function will switch display.
7. Except the SPEED / RPM cannot set up other function mode. For example when set-up is completed of TIME, DISTANCE, CALORIES, TARGET H.R., enter and set up the RPM value will count down to 00:00 and produce 4 times "Bi" sound for 8 seconds, then the value will be counting up from 00:00.

#### 8. RECOVERY

- (1) When press "RECOVERY" button, the RECOVERY function will work. At this time only PULSE and TIME is working, other function will not be displayed, and the Sensor Input is not available. TIME start to count down from "00:60". Pulse signal will be blinking according to user's pulse. When count down to "0", it will show F1~F6.
- (2) LCD display as follows: (RECOVERY start condition & end condition)



To achieve a considerable improvement of your physical resistance and your health, some aspects of how to find the most efficient amount of training should be followed:

If you have not been physically active for a longer period of time and also to avoid health risks you should consult your general physician before starting to exercise.

## Intensity

To achieve maximum results the right intensity has to be chosen.

The heart rate is used as guideline.

As a rule of thumb the following formula is commonly used:

$\text{Maximum pulse rate} = 220 - \text{Age}$
--

While exercising the pulse rate should always be between 60% - 85% of the maximum pulse rate. For your personal training rates please see the attached pulse rate chart on page 13.

When starting to exercise you should keep your rate at 60% of your maximum pulse rate in the first couple of weeks.

With increasing improvement of fitness the pulse rate should be slowly increased to 85% of your maximum pulse rate.

## Fat burning

The body starts to burn fat at approx. 60% of the maximum pulse rate.

To reach an optimum at burning rate, it is advisable to keep the pulse rate between 60% – 70% of the maximum pulse rate.

The optimum training amount consists of three workouts per week 30 minutes each.

Example:

You are 52 years of age and would like to start exercising.

Maximum pulse rate =  $220 - 52(\text{age}) = 168$  pulse/min

Minimum pulse rate =  $168 \times 0.6 = 101$  pulse/min

Highest pulse rate =  $168 \times 0.7 = 117$  pulse/min

During the first weeks it is advisable to start with a pulse rate of 101, afterwards increase it to 117.

With increasing improvement of fitness the training intensity should be increased to 70% - 85% of your maximum pulse rate.

This can be done by increasing the resistance, a higher frequency or longer training periods.

## Training Organization

### Warm-up:

Before every your training, you should warm-up for 5-10 minutes.

Here you can do some stretching and training with low resistance.

### Training session:

During the actual training a rate of 70% -85% of the maximum pulse rate should be chosen.

The time-length of your training session can be calculated with the following rule of thumb:

- daily training session: approx. 10 min. per unit
- 2-3 x per week: approx. 30 min. per unit
- 1-2 x per week: approx. 60 min. per unit

### Cool down:

To introduce an effective cool-down of the muscles and the metabolism the intensity should be drastically decreased during the last 5 – 10 minutes.

Stretching is also helpful for the prevention of muscle aches.

### Success

Even after a short period of regular exercises you will notice that you constantly have to increase the resistance to reach your optimum pulse rate.

The units will be continuously easier and you will feel a lot fitter during your normal day.

For this achievement you should motivate yourself to exercise regularly.

Choose fixed hours for your training session and do not start training too aggressively.

An old quote amongst sportsmen says:

“The most difficult thing about training is to start it.”

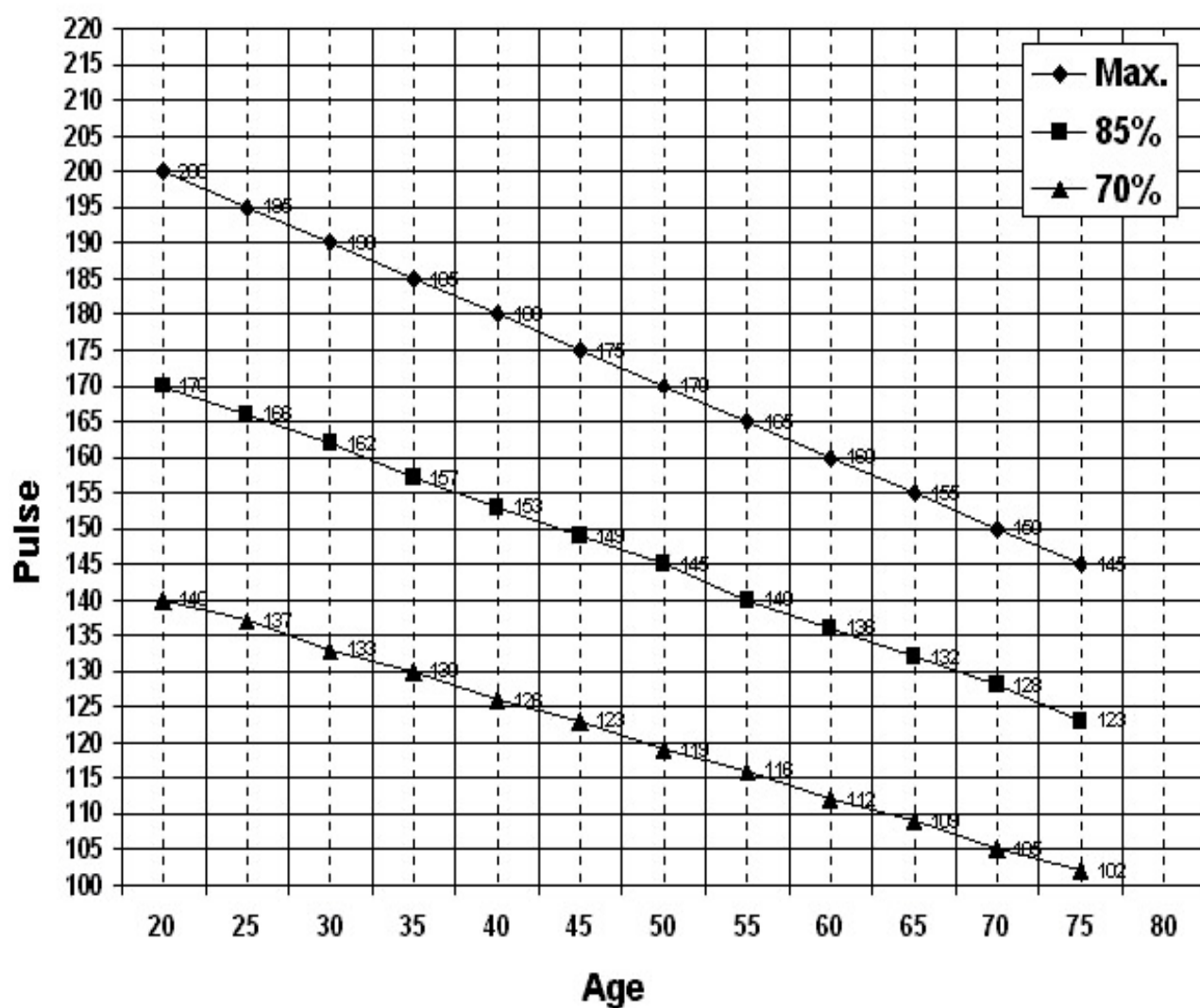
Wish you have a lot of fun and success with your bike,

## Parts List

GB

NO	Description	Quantity	
1	Main frame	1	
2	Front stabilizer	1	
3	Rear stabilizer	1	
4	Handlebar post	1	
5	Oval fix post	1	
6	Swing bar – right	1	
7	Swing bar – left	1	
8	U-plate (for pedal bar)	2	
9	Pedal bar (pair)	1	
10	Cross bar	2	
11	Cap (for flywheel)	2	
12	Rear stabilizer cap	2	
13	Pedal (L & R)	1	
14	Hand pulse sensor wrie	1	
15	Computer	1	
16	Hand pulse sensor	2	
17	Computer cable (lower)	1	
18	Computer cable (upper)	1	
19	Tension control cable	1	
20	Tension control	1	
21	End caps (pair) (for swing bar)	1	
22	Fastener (for swing bar)	4	
23	Sleeve (for swing bar)	2	
24	Caps (for swing bar)	2	
25	Sleeve (for pedal bar)	4	
26	Square cap (for pedal bar)	2	
27	Flywheel	1	
28	Bearing (for cross bar)	2	
29	Bearing (for swing bar)	4	
30	Washer (for cross bar)	2	
31	Carriage bolt (for stabilizer )	4	
32	Cap nut (for stabilizer)	4	
33	Washer (for stabilizer & pedal bar)	8	
34	bolt (for pedal bar & swing bar)	4	
35	Washer (for pedal bar)	2	
36	Washer (for pedal)	12	
37	Carriage bolt (for pedal )	6	
38	Nut (for pedal )	6	
39	Carriage bolt (for pedal bar)	2	
40	Nut (for pedal bar )	2	
41	Carriage bolt (for u-plate )	2	
42	Nut (for u-plate)	2	
43	Plastic sleeve (for belt wheel)	1	
44	Washer (for flywheel)	2	
45	Nut (for belt adjuster)	2	
46	Bolt (for lower computer cable)	1	

47	Screw (for cross bar)	8	
48	Screw (for chain cover)	4	
49	Bolt (for handlebar post)	6	
50	Screw (for hand pulse sensor)	2	
51	washer (for pedal bar & belt adjuster)	4	
52	Belt adjuster	2	
53	Chain cover (L & R )	1	
54	Disk	2	
55	Bolt (for oval fix post)	2	
56	Allen key wrench	1	
57	Screw driver	1	
58	Washer (for tension control)	1	
59	Bolt (for tension control)	1	
60	Fixture (for lower computer cable)	1	
61	Washer (for cross bar)	1	
62	Belt	1	
63	Foam grip (for swing bar) (pair)	1	
64	Foam grip (for oval fix post)	1	
65	Belt wheel	1	
66	Washer (for cross bar)	1	
67	Magnet	1	
68	Bolt (for computer)	2	
69	Washer (for cross bar)	1	
70	Screw (for chain cover)	4	
71	Washer (for swing bar & stabilizer)	8	
72	Nut (for cross bar)	2	
73	Cap (for disk)	2	
74	Washer (for swing bar)	2	
75	Washer (for cross bar)	2	
76	Ring (for handlebar post)	1	
77	Washer (for U-plate)	4	
78	Sleeve (for U-plate)	4	
79	End cap (for front post)	1	
80	End cap (for middle post)	1	
81	Front stabilizer cap	2	



The owner's manual is only for the customer reference.